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Hypno-Scripts: Life Changing Techniques Using Self Hypnosis and Meditation

Mary Deal

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Do you wish you had the power to become all that you can be? Discover your potential through unleashing the power of your mind. All good intentioned programming works best when you reach a deeper state of mind. The secret is in accessing those states through easy life-changing techniques presented here, in thoroughly explained examples. A thin window of consciousness differentiates two states of the mind – self-hypnosis and meditation – and this book will show their similarities, and define each condition and accessibility. If curious enough to at least peruse this book, then the ability to learn these techniques are already a part of your consciousness and soon to be recognized. Lucky you! Your subconscious is prompting you to investigate. It is saying that you are capable of deeper states of mind. Many have tried to focus to learn either self-hypnosis or meditation and failed. Applied concentration and knowing what to expect once entranced may be what was missing. The instructions in this book are meant for those wishing to learn and use the techniques of self-hypnosis and/or meditation for self-improvement. Easy yet powerful scripts are provided to produce desired changes. You can change your life now!

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